



SHARE YOUR HEALTHY LIFESTYLE WITH YOUR CHILDREN

5 or more servings of fruit and vegetables.
Prepare meals and snacks at home using fruits and vegetables, and teach kids how to make healthy foods.



2 or fewer hours of screen time.
Make television, video games and the internet less convenient to use, turn them off during meals, and make sure children are doing activities that don't involve screens.



1 or more hours of physical activity.
Look for fun activities your family can enjoy together and use the activities as incentives instead of food.

0 sweetened beverages.
Sweetened beverages add extra sugar and calories to the diet, so encourage children to drink water or low-fat milk instead.

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